

Additional File 7: Descriptive summary of intervention intensity (dose)

Study	Number of Sessions	Duration per session	Total dose (minutes)	Notes on dose estimation
Moon & Park, 2020	2/week $\times$ 4 weeks (8 sessions)	30 min	240	
Tominari et al., 2021	1/week $\times$ 8 weeks (8 sessions)	30-45 min	300	Midpoint (37.5 min) used
Elfrink et al., 2021	5 sessions over 8–10 weeks	60-120 min	450	Midpoint (90 min) used
Yu et al., 2019	2/week $\times$ 6 weeks (guided) + encouraged self-play x 6 weeks	Not specified	Not estimable	Not estimable
Manav et al., 2019	1/week $\times$ 12 weeks (12 sessions)	60 min	720	
Pérez-Sáez et al., 2021	2/week $\times$ 13 weeks (26 sessions)	50 min	1300	
Zhao & Zhang, 2018	2/week $\times$ 4 weeks (8 sessions)	40–60 min	400	Midpoint (50 min) used